

## Primary School Lunch Menu – Terms 5 & 6 - 2018

GF = GLUTEN FREE VF = VEGAN FRIENDLY

WEEK:- 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>THE MAIN EVENT</i>	CHICKEN KORMA GF	SAUSAGE ROLL	GAMMON GF GRAVY	BEEF LASAGNE	COD IN BATTER
<i>MEATFREE ZONE</i>  <i>VEGAN VARIATION</i>	QUORN KORMA GF MIXED BEAN CASSOULET	VEGGIE SAUSAGE ROLL VF	QUICHE  RATATOUILLE & POTATO BAKE	SPINACH & MUSHROOM LASAGNE VARIATION OF ABOVE	MEDITERRANEAN PUFF VF
<i>AND SERVED WITH:-</i> <i>All potatoes &amp; veg are</i> <i>GF/VF</i>	RICE NAAN BREAD  COUNTRY MIX VEG	SAUTE POTATOES  SWEETCORN BAKED BEANS	ROAST POTATOES  SAVOY CABBAGE BATON CARROTS	GARLIC BREAD  FRESH SALAD COLESLAW	CHIPS  GARDEN PEAS BAKED BEANS
<i>AVAILABLE DAILY</i>	BREAD, MILK, FRESH FRUIT & YOGURTS	BREAD, MILK, FRESH FRUIT & YOGURTS	BREAD, MILK, FRESH FRUIT & YOGURTS	BREAD, MILK, FRESH FRUIT & YOGURTS	BREAD , MILK, FRESH FRUIT & YOGURTS
<i>PERFECT PUDDINGS</i>	HOMEMADE BISCUIT VF	CHOCOLATE SPONGE CHOCOLATE SAUCE	JAM TART VF CUSTARD SAUCE	CHOCOLATE KRISPIE CAKE	JELLY
		TERM.5. WK1 09.04.18 & WK5 07.05.18	TERM.6. WK2 11.06.18 & WK6 09.07.18		

ALL DISHES SUBJECT TO AVAILABILITY OF INGREDIENTS. ALL DISHES ARE ALLERGEN NOTED.

STOCKS & FATS USED ARE VEGETABLE BASED. GRAVY IS VEGETARIAN/VEGAN FRIENDLY. CHEESE USED IN VEGAN DISHES IS 100% VEGAN.

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WEEK:- 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>THE MAIN EVENT</i>	CHICKEN TIKKA GF	PORK MEATBALLS IN TOMATO & BASIL SAUCE	ROAST BEEF GF YORKSHIRE PUDDING GRAVY	CHICKEN & SWEETCORN PIE	HADDOCK IN BATTER
<i>MEATFREE ZONE</i>  <i>VEGAN VARIATION</i>	QUORN TIKKA GF PUMPKIN & POTATO CURRY	QUORNBALLS GF TOMATO & BASIL PASTA BAKE	CREAM CHEESE & SPINACH FILO TART VARIATION OF ABOVE	MEDITERRANEAN VEG & CHICKPEA CRUMBLE VF	VEGGIE BURGER VF
<i>AND SERVED WITH:-</i> <i>All potatoes &amp; veg are</i> <i>GF/VF</i>	RICE NAAN BREAD  COUNTRY MIX VEG	SPAGHETTI  SLICED GREEN BEANS SWEETCORN	ROAST POTATOES  SAVOY CABBAGE BATON CARROTS	NEW POTATOES  BROCCOLI/CAULIFLOWER	CHIPS  GARDEN PEAS BAKED BEANS
<i>AVAILABLE DAILY</i>	BREAD, MILK, FRESH FRUIT & YOGURTS	BREAD, MILK, FRESH FRUIT & YOGURTS	BREAD, MILK, FRESH FRUIT & YOGURTS	BREAD, MILK, FRESH FRUIT & YOGURTS	BREAD, MILK, FRESH FRUIT & YOGURTS
<i>PERFECT PUDDINGS</i>	HOMEMADE BISCUIT VF	SCONE, JAM & CREAM	CHOCOLATE FUDGE PUDDING	CORNFLAKE TART VF CUSTARD SAUCE	ANGEL DELIGHT
		TERM.5. WK2 16.04.18 & WK6 14.05.18	TERM.6. WK3 18.06.18 & WK7 16.07.18		

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WEEK:- 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>THE MAIN EVENT</i>	CHICKEN KORMA GF	JACKET CHEESE, BEANS, TUNA	CHICKEN BREAST GF GRAVY	PIZZA	COD IN BATTER
<i>MEATFREE ZONE</i>	QUORN KORMA GF	JACKET CHEESE & BEANS	VEGETABLE GRATIN VF	PIZZA	QUICHE
<i>VEGAN VARIATION</i>	MIXED BEAN CASSOULET	VEGAN CHEESE		MEDITERRANEAN PUFF	TOMATO & BASIL PASTA
<i>AND SERVED WITH:- All potatoes &amp; veg are GF/VF</i>	RICE NAAN BREAD  COUNTRY MIX VEG	SWEETCORN COLESLAW	ROAST POTATOES  SAVOY CABBAGE BATON CARROTS	SAUTE POTATOES  FRESH SALAD BAKED BEANS	CHIPS  GARDEN PEAS BAKED BEANS
<i>AVAILABLE DAILY</i>	BREAD, MILK, FRESH FRUIT & YOGURTS	BREAD, MILK, FRESH FRUIT & YOGURTS	BREAD, MILK, FRESH FRUIT & YOGURTS	BREAD, MILK, FRESH FRUIT & YOGURTS	BREAD, MILK, FRESH FRUIT & YOGURTS
<i>PERFECT PUDDINGS</i>	HOMEMADE BISCUIT VF	CARROT CAKE VF	CHOCOLATE SPONGE CHOCOLATE SAUCE	SUMMER FRUITS SCOTCH PANCAKES	JELLY
		TERM.5. WK3 23.04.18 & WK7 21.05.18	TERM.6. WK4 25.06.18 & WK8 23.07.18		

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WEEK:- 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>THE MAIN EVENT</i>	CHICKEN TIKKA GF	TOAD IN THE HOLE GRAVY	ROAST TURKEY GF SAGE & ONION STUFFING GRAVY	BEEF BOLOGNAISE GF	HADDOCK IN BATTER
<i>MEATFREE ZONE</i>  <i>VEGAN VARIATION</i>	QUORN TIKKA GF PUMPKIN & POTATO CURRY	VEGGIE TOAD  VEGETABLE SAUSAGES	GOATS CHEESE TARTS  CAMELISED ONION TART	VEGGIE BOLOGNAISE	VEGGIE BURGER VF
<i>AND SERVED WITH:-</i> <i>All potatoes &amp; veg are GF/VF</i>	RICE NAAN BREAD  COUNTRY MIX VEG	MASHED POTATOES  BROCCOLI/CAULIFLOWER	ROAST POTATOES  SAVOY CABBAGE BATON CARROTS	SPAGHETTI VF GARLIC BREAD  SWEETCORN	CHIPS  GARDEN PEAS BAKED BEANS
<i>AVAILABLE DAILY</i>	BREAD, MILK, FRESH FRUIT & YOGURTS	BREAD, MILK, FRESH FRUIT & YOGURTS	BREAD, MILK, FRESH FRUIT & YOGURTS	BREAD, MILK, FRESH FRUIT & YOGURTS	BREAD, MILK, FRESH FRUIT & YOGURTS
<i>PERFECT PUDDINGS</i>	HOMEMADE BISCUIT VF	ARTIC ROLL	FRUITY FLAPJACK VF	SYRUP SPONGE CUSTARD SAUCE	TRIFLE
		TERM.5. WK4 30.04.18	TERM.6. WK1 4.06.18 & WK5 2.07.18		

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